Table of Contents

List of Tables	xxxvii
List of Figures	xxviii
CHAPTER 1: DESCRIPTION AND SIGNIFICANCE OF THE STUDY	1
Purpose	3
Research Questions	9
Background	10
Rationale	13
Psychological Distinctions	13
Phenomenology and psychology	14
Consciousness	15
Introspection	17
Practical Application	18
Need for Rethinking Science	19
Importance of Philosophical Basis	22
Summary	24
CHAPTER 2: REVIEW OF THE LITERATURE	25
Overview of Domains Included in the Study	25
Primary Domains	25
Domains Specifically Addressing Experiential Elements of the Research	28
Continuous Change in this Field of Study	29
Foundational Elements of an Existential or Contemplative Science	30
Levels of Research	30
Levels of Science	31
Summaries of the Levels of Science and Research	36
Research intentions	38
Domains	38
Buddhism, Early Buddhism	39
Early Buddhist Thought and Practice	43
Buddhist Basics	45
Emptiness /Suññatā	46
Dependent Origination/ Paticca-Samuppāda	49
Name and Form: <i>Nāmarūpa</i>	51
Mental Factors Including Aggregates (<i>Khandhas</i> , Pali, Sanskrit)	60
Additional Mental Factors Related to <i>Nāmarūpa</i>	65
The Satipaṭṭhāna Sutta (Modified from Rees, 2004)	66
Contemplative Consciousness	71
Receptivity of contemplative processes	72
What does it mean to be contemplative?	72
Contemplative practice	73
Emptiness in contemplative experience	73
Proprioceptive, Interoceptive, Neuroceptive Knowing	74

Noting	74
Phenomenology	75
Phenomenology Overview	76
Husserlian Basics	79
Transcendental Phenomenology/Transcendental Consciousness	83
Genetic phenomenology	96
Hyletic data	99
Microphenomenology and Transmodal Experience	103
Characteristics of scale	105
Sensorial modalities	105
Dynamic and spatial characteristics	106
Theoretical Biology	106
Autopoiesis: self-regulating systems	107
Coupling	108
Enaction	110
Theoretical Physics and Human Implications	111
Non-separation of materiality and consciousness	111
Relationship to Indigenous Cultures	113
Physics and Indigenous Thought in Contemporary Culture	114
Human and Cognitive Science	117
Gregory Bateson	117
Overview (Difference and Double Descriptions)	118
Gregory Bateson on subtle levels of consciousness	119
Systems Thinking	138
Systems thinking versus systems theory	138
Relationship to Neuroscience	139
Distinction: Systems Theory and other Natural and Social Science Theories	139
Contemporary Distinctions	139
Dynamics even in early developers of systems thinking (dynamic equilibrium)	143
Creativity Studies and Ethics	151
Creativity	151
My Meaning of Flow, Embodied Flow	156
Ethics and integrity	158
Creativity and ethics summary	158
Human Experience	159
Writers	161
Musicians, composers	161
Scientists	165
Summary of Literature Review	167
CHAPTER 3: METHODOLOGY	168
Choice of Method	168
Qualitative method	168
Theoretical method	169

Research Questions	176
Sources of Data	177
Search Strategy	178
Theory Development	180
Initial process	180
Initial theory	181
Constructing and deconstructing the evolving theory	182
Design and Procedures	183
Research Design	184
Instruments, Validity and Reliability	185
Procedures	186
Methods of Data Analysis	187
Research Questions Reiterated	187
Summative Discussion	189
Delimitations, Limitations, and Research Issues	189
Delimitations	189
Limitations	190
Personal and Speculative Comments About Scientific Research	191
CHAPTER 4: ANALYSIS AND TRANSDISCIPLINARY THEORY	194
Overview	194
Specific Procedural Steps of the Final Stage	198
Vocabulary	199
Three Level Approach to Science as Central to Five Part Creativity Theory	202
Theoretical or Philosophical Science Level	204
A Potential Rethinking of a Theoretical/Philosophical Approach to Science	205
The Continuous Co-arising of Matter and Mind	205
Knowing as Awareness of Experience: An Embodied Approach	208
Integral Impact of Personal Perspective	221
Space or Emptiness Allows for Change	222
Focus on Process Rather than Final Outcomes	227
Holistic/Wholistic	232
New and Alternative Views of Science	232
Summary of the Proposed Philosophical/Theoretical Level of Science	238
Normative Science Potential	239
Centrality of Systems Thinking: A Means for Discovering Patterns	239
Systems of Some Normative Domains	249
Observable Cross Domain Patterns	263
Initiating Transformational Process in Normative Domains	283
Methodological/Technological Science	287
Preliminaries	287
Characteristics of Pre-reflective Consciousness	290
Actual Methodologies or Technologies for Accessing Unnoticed Consciousness	311
Summative Results	324

Results in Immediate Experience	324
An Alternative Approach to Science	325
Viability or Veracity of the Study	327
Discussion of Research Questions	330
At the Theoretical or Philosophical Level	330
At the Normative Level	331
At the Methodological/Technological Level	334
Questions to Test the Outcomes	336
Questions Regarding Creating	339
Questions Addressing the Quality of the Process	340
CHAPTER 5: DISCUSSION	342
Transformational Creativity: The Moment of Creation.	342
Creative Potential	343
How does Pre-reflective Consciousness Appear in the Creating Process?	344
Impacting Ecological Balance: Conscious Evolution	346
Fostering Creative, Phenomenological, or Insight Consciousness	348
Future Research	349
Specific questions suggested for the three levels of science	349
Culminating Questions	359
Means for exploring the questions for further research	360
Summation	361
REFERENCES	364
REFERENCES Secondary References	364 372
Secondary References APPENDICES Appendix A: Conference summary - Contemporary insights.	372
Secondary References APPENDICES	372 374
Secondary References APPENDICES Appendix A: Conference summary - Contemporary insights.	372 374 374
Secondary References APPENDICES Appendix A: Conference summary - Contemporary insights. Appendix B: Levels of Science	372 374 374 377
Secondary References APPENDICES Appendix A: Conference summary - Contemporary insights. Appendix B: Levels of Science Appendix C: Distinguishing between Theoretical/Philosophical and Normative Science	372 374 374 377 378
Secondary References APPENDICES Appendix A: Conference summary - Contemporary insights. Appendix B: Levels of Science Appendix C: Distinguishing between Theoretical/Philosophical and Normative Science Appendix D: Levels of Science and Concepts in Early Buddhism	372 374 374 377 378 379
Secondary References APPENDICES Appendix A: Conference summary - Contemporary insights. Appendix B: Levels of Science Appendix C: Distinguishing between Theoretical/Philosophical and Normative Science Appendix D: Levels of Science and Concepts in Early Buddhism Appendix E: Body Knowing or Body Awareness	372 374 374 377 378 379 380
Secondary References APPENDICES Appendix A: Conference summary - Contemporary insights. Appendix B: Levels of Science Appendix C: Distinguishing between Theoretical/Philosophical and Normative Science Appendix D: Levels of Science and Concepts in Early Buddhism Appendix E: Body Knowing or Body Awareness Appendix F: Sources of Thought and/or Consciousness Across Domains	372 374 374 377 378 379 380 381
Secondary References APPENDICES Appendix A: Conference summary - Contemporary insights. Appendix B: Levels of Science Appendix C: Distinguishing between Theoretical/Philosophical and Normative Science Appendix D: Levels of Science and Concepts in Early Buddhism Appendix E: Body Knowing or Body Awareness Appendix F: Sources of Thought and/or Consciousness Across Domains Appendix G: Theoretical Biology	372 374 374 377 378 379 380 381 382
Secondary References APPENDICES Appendix A: Conference summary - Contemporary insights. Appendix B: Levels of Science Appendix C: Distinguishing between Theoretical/Philosophical and Normative Science Appendix D: Levels of Science and Concepts in Early Buddhism Appendix E: Body Knowing or Body Awareness Appendix F: Sources of Thought and/or Consciousness Across Domains Appendix G: Theoretical Biology Appendix H: Theoretical Physics and Human Implications Appendix I: Human and Cognitive Science Appendix J: Bateson's Boot	372 374 374 377 378 379 380 381 382 384
Secondary References APPENDICES Appendix A: Conference summary - Contemporary insights. Appendix B: Levels of Science Appendix C: Distinguishing between Theoretical/Philosophical and Normative Science Appendix D: Levels of Science and Concepts in Early Buddhism Appendix E: Body Knowing or Body Awareness Appendix F: Sources of Thought and/or Consciousness Across Domains Appendix G: Theoretical Biology Appendix H: Theoretical Physics and Human Implications Appendix I: Human and Cognitive Science	372 374 374 377 378 379 380 381 382 384 385
Secondary References APPENDICES Appendix A: Conference summary - Contemporary insights. Appendix B: Levels of Science Appendix C: Distinguishing between Theoretical/Philosophical and Normative Science Appendix D: Levels of Science and Concepts in Early Buddhism Appendix E: Body Knowing or Body Awareness Appendix F: Sources of Thought and/or Consciousness Across Domains Appendix G: Theoretical Biology Appendix H: Theoretical Physics and Human Implications Appendix I: Human and Cognitive Science Appendix J: Bateson's Boot	372 374 374 377 378 379 380 381 382 384 385 387
Secondary References APPENDICES Appendix A: Conference summary - Contemporary insights. Appendix B: Levels of Science Appendix C: Distinguishing between Theoretical/Philosophical and Normative Science Appendix D: Levels of Science and Concepts in Early Buddhism Appendix E: Body Knowing or Body Awareness Appendix F: Sources of Thought and/or Consciousness Across Domains Appendix G: Theoretical Biology Appendix H: Theoretical Physics and Human Implications Appendix I: Human and Cognitive Science Appendix J: Bateson's Boot Appendix K: Bateson Differences that make a difference Appendix L: Individual Impact on Creativity Throughout System Levels Appendix M: Fritz Structural Tension Chart (based on Fritz. 2003)	372 374 374 377 378 379 380 381 382 384 385 387
Secondary References APPENDICES Appendix A: Conference summary - Contemporary insights. Appendix B: Levels of Science Appendix C: Distinguishing between Theoretical/Philosophical and Normative Science Appendix D: Levels of Science and Concepts in Early Buddhism Appendix E: Body Knowing or Body Awareness Appendix F: Sources of Thought and/or Consciousness Across Domains Appendix G: Theoretical Biology Appendix H: Theoretical Physics and Human Implications Appendix I: Human and Cognitive Science Appendix J: Bateson's Boot Appendix K: Bateson Differences that make a difference Appendix K: Individual Impact on Creativity Throughout System Levels Appendix M: Fritz Structural Tension Chart (based on Fritz. 2003) Appendix N: Human Experience in Creators	372 374 374 377 378 379 380 381 382 384 385 387 388
Secondary References APPENDICES Appendix A: Conference summary - Contemporary insights. Appendix B: Levels of Science Appendix C: Distinguishing between Theoretical/Philosophical and Normative Science Appendix D: Levels of Science and Concepts in Early Buddhism Appendix E: Body Knowing or Body Awareness Appendix F: Sources of Thought and/or Consciousness Across Domains Appendix G: Theoretical Biology Appendix H: Theoretical Physics and Human Implications Appendix I: Human and Cognitive Science Appendix J: Bateson's Boot Appendix K: Bateson Differences that make a difference Appendix L: Individual Impact on Creativity Throughout System Levels Appendix M: Fritz Structural Tension Chart (based on Fritz. 2003)	372 374 374 377 378 379 380 381 382 384 385 387 388 392 394
Secondary References APPENDICES Appendix A: Conference summary - Contemporary insights. Appendix B: Levels of Science Appendix C: Distinguishing between Theoretical/Philosophical and Normative Science Appendix D: Levels of Science and Concepts in Early Buddhism Appendix E: Body Knowing or Body Awareness Appendix F: Sources of Thought and/or Consciousness Across Domains Appendix G: Theoretical Biology Appendix H: Theoretical Physics and Human Implications Appendix I: Human and Cognitive Science Appendix J: Bateson's Boot Appendix K: Bateson Differences that make a difference Appendix K: Individual Impact on Creativity Throughout System Levels Appendix M: Fritz Structural Tension Chart (based on Fritz. 2003) Appendix N: Human Experience in Creators	372 374 374 377 378 379 380 381 382 384 385 387 388 392 394
Secondary References APPENDICES Appendix A: Conference summary - Contemporary insights. Appendix B: Levels of Science Appendix C: Distinguishing between Theoretical/Philosophical and Normative Science Appendix D: Levels of Science and Concepts in Early Buddhism Appendix E: Body Knowing or Body Awareness Appendix F: Sources of Thought and/or Consciousness Across Domains Appendix G: Theoretical Biology Appendix H: Theoretical Physics and Human Implications Appendix I: Human and Cognitive Science Appendix J: Bateson's Boot Appendix K: Bateson Differences that make a difference Appendix K: Bateson Differences that make a difference Appendix M: Fritz Structural Tension Chart (based on Fritz. 2003) Appendix N: Human Experience in Creators Appendix O: Levels of Existential/Contemplative Science	372 374 374 377 378 379 380 381 382 384 385 387 388 392 394 395 407

Appendix S: Science Revisited - Philosophical Basis Returned to Original Meaning:	412
Appendix T: System Methods in Application	413
Appendix U: Bateson Criterion for Consciousness to Arise and Parallels	414
Appendix V: Self as a Dynamical System	415
Appendix W: An Integrated Phenomenological Approach to Science	416
Appendix X: Data Across Domains – in process	417
LIST OF TABLES	
Table 1: Levels of Research and Science Paired	31
Table 2: Levels of Research, Levels of Science, Bateson's Intention	39
Table 3: Nāmarūpa and Mental Factors	56
Table 4: Levels of Body Knowing or Body Awareness	89
Table 5: Leib, Awakening to Living Body (constitution of body)	89
Table 6: Static and Genetic Phenomenology	98
Table 7: Potential existential science	197
LIST OF FIGURES	
Figure 1: A Potential Generic System	253